



Hiking Essentials

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A scenic mountain landscape with rolling hills, a small cross on a peak, and a cloudy sky. The foreground shows a grassy slope with some rocks. The middle ground features a prominent ridge with a small cross on top. The background consists of distant, hazy mountain ranges under a sky filled with large, white clouds.

Navigation map and compass

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Sun Protection **sunglasses and sunscreen**

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Insulation extra clothing

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Illumination

headlamp/flashlight

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Nutrition Omeals

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